

*We cannot change  
the outcome, but  
we can affect the  
journey.*

-Ann Richardson

## A SPECIAL KIND OF CARE

Hudson Valley  
Medical Health **Choices**  
a palliative care affiliate of Hudson Valley Hospice

845.240.7557  
[hvpalliativecare.org](http://hvpalliativecare.org)

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374 Violet Avenue, Poughkeepsie, NY 12601  
ULSTER OFFICE  
153 Sawkill Road, Kingston, NY 12401

## PALLIATIVE CARE



Hudson Valley  
Medical Health **Choices**



## WHY CHOOSE PALLIATIVE CARE?

Hudson Valley Medical Health Choices, P.C., a Palliative Care Practice affiliated with Hudson Valley Hospice, is a community based palliative care practice that is appropriate for patients with serious or life limiting illnesses. Palliative care is specialized medical care, based on the needs of the patient, not on the patient's prognosis.

This type of care is focused on providing relief from the symptoms and stress of the illness. The goal is to improve quality of life for both the patient and the family. Palliative care can be provided in conjunction with curative and aggressive treatment during any stage of illness and is an excellent choice for people with:

- ◆ Multiple recent hospitalizations.
- ◆ Poorly controlled symptoms such as pain, nausea, constipation, fatigue, dyspnea, depression and agitation.
- ◆ High level of distress in the patient or family from psychological and/or spiritual concerns.
- ◆ A need for Advance Care Planning and MOLST.

Live a Little Better...

## WHEN IS PALLIATIVE CARE NEEDED?

Hudson Valley Medical Health Choices, P.C.'s palliative care service can make a difference when there is a need for:

- ◆ Pain and symptom management for people living with serious illness.
- ◆ Support and discussions regarding treatment options and preferences that focus on providing relief from the symptoms and stress of illnesses.
- ◆ Advance Care Planning, Advance Directives and MOLST discussions.
- ◆ Answers to patients' questions regarding care 24/7.

## WHO IS ELIGIBLE?

Any person, at any age with a serious or life limiting illness, who is experiencing pain and other distressing symptoms.

Call Us Sooner 845.240.7557

## WHAT ARE THE SERVICES PROVIDED?

With Hudson Valley Medical Health Choices, P.C.'s, palliative care is provided by a specially trained team of doctors, nurse practitioners and other clinical specialists who work together with a patient's other doctors to provide an extra layer of support to help you coordinate the care you need.

They will also recommend appropriate treatments for pain, nausea, constipation, fatigue, shortness of breath, anxiety and other symptoms.

## WHERE IS PALLIATIVE CARE PROVIDED?

Hudson Valley Medical Health Choices, P.C., provides services in the home, in an assisted living facility, in a nursing home, wherever a person calls home.